

Dunton News

Serving Dunton, Newton and Millow

Edition 3

Autumn 2015



the march hare

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presents



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its 4th beer festival

friday 25th ~ sunday 27th

september 2015

at least 12 beers

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**Dunton News Office The March Hare, 34 High Street, Dunton,
Beds, SG18 8RN, 01767 448093**

janice.tasc@outlook.com or jules_wrangles@yahoo.co.uk

Editors Janice Pritchett and Julie Hills

Editorial

Welcome to the third edition of the Dunton News. Readers really loved the second edition of Dunton News and thought it would bring the village together.

We are still looking for articles and photographs about Dunton. Please do send some in so that your village magazine is interesting and informative to read. This can be articles about Dunton, old and new, hobbies and interests, local activities and school life.

The front cover of this Dunton News is a photograph of Chard growing in Dunton Community Garden. Please email your local photographs, such as pictures of local buildings, people, old and new or local activities as a png. You never know they may get onto the front cover of Dunton News.

If you are arranging an event such as an evening of music and you would like others to know about it, please email us about it. The submission dates for the next edition are on this page.

Janice Pritchett and Julie Hills

All copy and advertising for inclusion in the September 2015 edition must be emailed to janice.tasc@outlook.com or jules_wrangles@yahoo.co.uk by 6.11.15

Editors Reservation

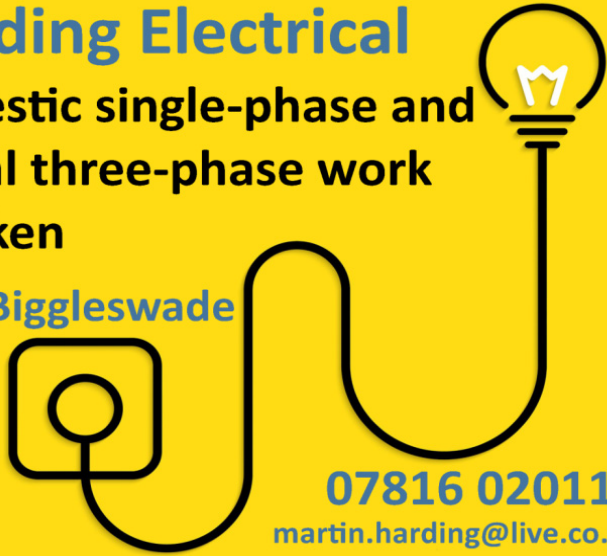
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The Old Ways: A Journey on Foot

By Robert Macfarlane

Dunton Delvers book group tackled this in July with very mixed responses! Our meetings are held every 6 weeks or so and it has to be said that the discussion is often all the more lively if we disagree about a book!

This book is definitely one of those 'Marmite' books! I was the one who suggested we read it and, unsurprisingly, I loved it. One other member of our group also enjoyed it but the rest were singularly unimpressed, with many not completing it.

The Old Ways is the story of many journeys along paths in the British Isles and further afield in Spain, Palestine and Tibet. Robert Macfarlane obviously considers each walk a journey and the book delves back into the history of the 'old ways' which are now often forgotten as we speed past in the car.

Some of the language is quite challenging'Leys, dykes, drongs, sarns, snickets....bostles, shuts, driftways, lichways, ridings....' But fortunately there is a glossary.

As a walker myself, this book just urged me to don my boots, pick up my rucksack and set off, although I do draw the line at curling up in a hedge at the end of the day like the author! If you enjoy walking and discovering the history of places, you may enjoy this book but be warned, it's not for everyone!!

Finally I have heard that when Mrs Curry the Head teacher at Dunton School recently retired she was presented with a rucksack and this book and fortunately she loves it!!



The advertisement features a background image of a rural landscape with a herd of cows grazing in a field under a cloudy sky. In the upper left, there is a circular logo containing a sketch of a farm building and the name 'Maynard's' in a cursive font. The main text is centered in a white box with a black border.

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Dunton Folk – What's it all about?

Dunton Folk was started in 2012 by two folk music enthusiasts, Simon Bailes and Andy Barwell. Both are fans of folk music, attending folk clubs and festivals regularly. The idea was to bring folk music into the village as a community event to involve as many local people as possible. Four concerts were arranged in the first year, along with a monthly music session and the first annual Dunton Wassail.

The venue for the Dunton Folk concerts is St Mary Magdalene Church. A beautiful fifteenth century (at least bits of it!) building, the acoustics are perfect for live music. The church provides a stage and we provide a PA system with Simon acting as sound engineer for the concerts. Early on we took the decision to book the better known names in the folk world to ensure we got the best performances possible. However, to continue the theme of local involvement we provide a support act for each concert and these are drawn from local and up and coming musicians.

The concerts are very much a team effort and they wouldn't be possible without the help of the team of volunteers who help with publicity, providing beds for the performers, selling tickets and helping to set up and take down the PA system. Thank you to everyone who helps. We have had support from The March Hare freehouse at every one of our concerts too. John and Janice provide a fully stocked bar providing local beer and cider and a range of other drinks. After all, what is folk music without a nice glass of ale? (NOTE False beards and spare jumpers are available at all of our concerts!).

Folk music sessions are held in The March Hare on the first Tuesday of every month. These are an informal event where musicians come along and join in an evening of music making with songs, tunes and even the occasional poem and joke thrown in for good measure.

To top off the Dunton Folk offering we have the annual Dunton Wassail. Held on the first Saturday of the year at Church Farm (cunningly located behind the Church!) it is a celebration of both folk tradition and Simon's other passion, cider making (see www.franklinscider.co.uk). The evening involves mulled cider, Morris dancing, hanging toast soaked in cider in the trees in the orchard, singing wassail songs to the trees and finally making lots of noise (saucepan lids and wooden spoons are essential) to wake up the apple trees and to ward off evil spirits. Once this is done we all retire to The March Hare for a mummers play and an evening of spectacular folk music.

Here's the marketing bit now. Dunton Folk only works when there are people to enjoy our events. Come along to one of our events. There is no charge for the wassail or for the monthly session in The March Hare. We charge for the concerts in the church but accompanied under 16s go free. Details of all of our events are on our web site, www.duntonfolk.co.uk.

Dunton Folk 2015



Megson
19th September



Luke Jackson
17th October



**Said The Maiden and Floyd
Hartwell Hines**
14th November



Lucy Ward
5th December

St Mary Magdalene Church, Dunton. 01767 310 424

www.duntonfolk.co.uk

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villages*

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Dunton Women's Institute Summer Report



Dunton WI has enjoyed a busy summer with more still planned for the remainder of the year. Following on from our successful trip to Stotfold Mill in June we then went on to enjoy a day trip to the historic Cathedral City of Ely. We enjoyed a guided tour of both the Cathedral and City from very knowledgeable tour guides. The Cathedral itself is a stunning building and we could have easily spent the whole day in there alone. We were spoilt by the weather and even had time for some lunch and of course shopping!

Sadly the punting in July did not quite go as planned as we were let down by the company at the last moment but we did manage to enjoy a very good meal on the way home so all was not lost. All being well we shall be making a return visit to Cambridge for a second attempt!

In August we visited Dunton's very own Franklins Cider Barn and much fun was had by all including some apple themed cakes washed down by Cider of course! September will see Dunton WI celebrate the centenary of the WI as well as hosting another photography workshop. As ever, if you would like to come along to any of our evenings then you would be most welcome to do so!

14 September 2015 – Wildlife and Landscapes of East Anglia

12 October 2015 - How to Tie a Scarf

9 November 2015 - Music Quiz Night 50/60s

14 December 2015 - Christmas Celebration

Dunton WI meets at Dunton Memorial Hall on the second Monday of the month. Meetings start at 7.45pm. Visitors are always welcome and will be treated to tea and cake! A small fee is charged for visitors. Please contact Lorraine Bennetts on 01767 314991 for more details.

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Dunton Recreation Association

Oh what a night! Over 30 people attended a fun filled night of 60s Music in the Pavilion on the 1st August with Andrew Bright running a bar and providing the music and snacks provided by Sheila and Joan. Those attending enjoyed the event so much that requests were made for an early repeat. It is planned to have two more social events before Christmas. Our sincere thanks to all who helped make this evening such a success.

Improvements to the facilities continue with the kitchen floor being tiled and walls and ceiling painted. It is planned to update the sink units to complete the work.

In the children's' play area, the junior swings have now been repaired and painted. The cleaning and painting of the remaining equipment will resume after the school holidays and investigations are under way to install further facilities – **suggestions are welcome.**

The new footpaths have improved access and use of the recreation area, but unfortunately it has resulted in the desecration of the facility increasing by the depositing of household waste and dogs mess.

We shall be holding our Annual General Meeting towards the end of September (date to be finalised and advertised) so **ANY** suggestions will be gratefully received. Come along to the meeting just to listen to the plans we have for the future and have your say. You don't have to belong to our Committee but if you feel you can help with the maintenance of the field and pavilion we would be pleased to hear from you.

AFC Dunton

To date, we have played 3 pre-season friendlies and won all 3. We played Wilstead Reserves and won 2-1 with a goal from Brandon Bates and an own goal. We then played Elstow Abbey Reserves and won 2-1 with goals from Dean Hill and Tony Norman. Finally we played local rivals Clifton FC and we won comfortably 4-0 with 2 goals from Tony Norman and one each from Harry Stent and Dean Hill.

We would like to thank the village locals that have started supporting AFC DUNTON and look forward to seeing some more new faces. The Bar is open on Saturdays from 1pm to 5pm serving hot and cold drinks, with hot food after the game.

Training continues on a Wednesday evening at 6.30pm – just come along and join in.

Fixtures list for the first and second teams can be found on the inside and outside notice boards of the pavilion.

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Cakes N Cake By Karen

Karen's top five cake tips

Make sure eggs and butter are at room temperature before using.

Whether you have a fan assisted oven or conventional oven set the required temperature 1/2 hour before baking.

Always try to use the best quality ingredients that your budget will allow.

To get even sponges weigh your pans before placing in oven and equal up the batter mix.

Now is the best time to bake your Christmas fruit cakes, then feed them fortnightly with your chosen tippie.

Happy baking!



Why not try this quick and easy cup cake recipe?

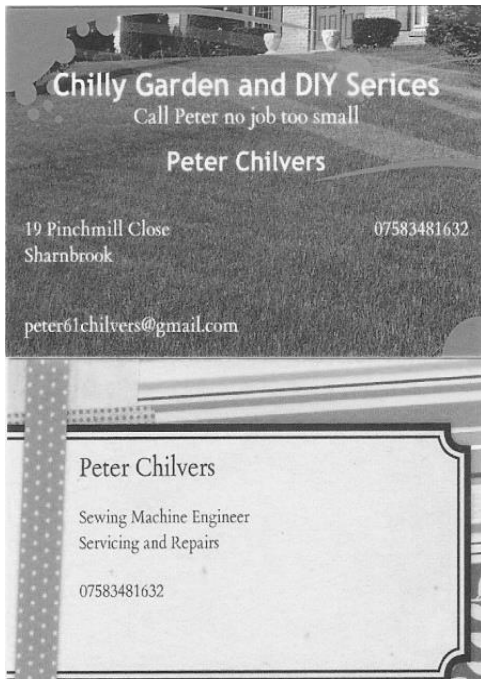
Makes 12 big muffin sized cakes

175g Self-Raising Flour
1 1/2 level tsp baking powder
175g butter softened
175g caster sugar
3 large free range eggs
2tbsp milk

Preheat the oven to 180C/160C Fan/Gas 4
Line a muffin tray with 12 paper muffin cases

Sift the flour and baking powder into a large bowl, then add the butter, caster sugar, eggs and milk. Beat together until well mixed.
Spoon into the cases and bake for about 20 minutes or until the tops spring back when lightly pressed. Cool on a wire rack.

When cold decorate with your chosen topping.



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Zerny's latest email newsletter is
now available; it includes the
latest on concerns over planning
changes which may make it
cheaper for developers to build in
our area. There is also news on
changes to local roads and cuts to
Beds Police. As always the
newsletter will include a round-up
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Dunton Village Preschool

One year on

One year on under new management at Dunton Village preschool, we understand the importance of the early years to both the parent and the child. This is the time of remarkable growth, with children experiencing rapid development, learning new skills and progressing steadily towards physical, intellectual and social emotional milestones. With this in mind our weekly planning and daily activities provide intentional guidance and rich experiences that build upon individual strength and talents. Our qualified practitioners work closely with the children who are assured of getting the care and individual attention they need, the creative learning experiences they enjoy and the intellectual challenging opportunities they deserve.

Our pledge to work with children is also extended to our holiday clubs (Easter and Summer). This year we had three days at Dunton Pre School during the Easter break and two weeks at Wrestlingworth Preschool during the summer. The children enjoyed the activities provided by the staff. Some of the activities during the summer holiday club included cooking, baking, making resources, walking in the woods and frequently visiting the park. Parents, children and staff offered positive comments about the summer venue which added to the enjoyment of a new experience.

We look forward to yet another exciting year and the support of the community.

St. Mary Magdalene

The Church at the heart of the Village

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WEEKLY SERVICES

1st. Sunday	9.30 am Parish Eucharist
2nd Sunday	8.00 am Sunday Praise Followed by continental breakfast
3rd Sunday	9.30 am Sunday Praise
4th Sunday	9.30 am Sunday Praise
5th Sunday	10.30 am Benefice Service See notices or website for which Church

FUTURE EVENTS @ ST. MARY'S

Sunday Club - Every 3rd. Sunday 2.00 – 4.00 pm
For details contact Stan Short 01767 315777

Come & Sing – 26th September For more information contact Jill Davies on 01767 316178

Quiz Night – Saturday 5th September – Cost £3 per person in teams of up to 8 people. Bring your own drinks and nibbles. For more information contact Sue Myler – 01767 600373.

Harvest Festival – 27th September – 9.30 am

Need time out? Visit the quiet corner in your church to relax and reflect

Full Details in Parish Newsletter and Biggleswade Chronicle

WOOLF TRACKS

Fitness classes in Dunton are here!

Open to all abilities, men or women, Everyone is welcome to attend. Classes are circuit based for an all over body workout. Outside class has a boot camp twist!

Cost £4 per session or £15 for five classes, if paid in advance.

Wednesday (Term time only) 7.30 pm to 8.30pm, held in the **Village Hall**. Please wear clean indoor shoes, bring water and a towel.

Sunday – 8.30 – 9.30am, held at **Dunton Recreation Ground**. Gloves recommended in colder weather and bring water. Children welcome to attend to play on park whilst you exercise, but remain your responsibility.

Small groups can be catered for by appointment. Please get in touch to discuss requirements.

Personal Training and Nordic Walking coming soon.

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duntonoilgroup@btinternet.com

Or phone Derek on 01767 315487

Why not have your advert here?

Dunton News will be produced in Mar, June, September and December each year. It is delivered to all houses in Dunton, Newton and Millow.

Contact

janice.tasc@outlook.com

or

jules_wrangles@yahoo.co.uk



Dunton Community Garden

As late summer/autumn colours begin to spread across the garden, deeper and sharper than earlier shades and shadows lengthen, this is a good time to remember the very long shadow that fell across the garden last autumn and everything that has happened

since.

This time last year it was likely that Dunton Garden would close. Funding was ending, staff were reluctantly given notice and the Trustees were disintegrating. It was all looking very depressing but out of the ashes a phoenix of volunteers arose to share responsibility for running the garden.

Every volunteer has had to take on a responsibility and communicate with others to ensure creativity flourished in the garden.

Volunteer gardeners have had to plan and grow everything in the garden. They didn't always get it right but through shared experiences they have learnt a lot. Everyone reliably got stuck into the dirty, heavy, sometimes tedious tasks as well as the more enjoyable aspects of communal gardening.

The office-based team who did the behind the scenes work of running the garden kept the communications flowing and records up-to-date. In fact they brought order to what sometimes appeared to be chaos.

The harvesters, who came in early in the morning and swept through the garden like friendly locusts picking and packing the produce for customers. It was time consuming work but to other garden users it appears as if the harvesting fairy has been through, waved a magic wand and anything colourful, plump and juicy or ripe for eating magically transferred itself into bags and punnets in the fridge ready for sale.

During the year, the events and PR team came up with the ideas, organised and publicised community events. If you have attended one of our events – thank you and please keep coming. Your support is needed to keep the community garden open.

It has been a year of remarkable achievement. The volunteers saved the garden. It is successful and there is no reason why it shouldn't get better and lovelier as time goes by. Now, thanks to the efforts of so many, it has truly earned the title of Dunton Community Garden. The garden needs more volunteers. Please contact info@duntongarden.org or find us on Facebook to find out more.



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www.yourfootclinic.co.uk

Also Cambridge Foot Clinic Tel: 01223 358 431

Potted History of a Village Shop

By the 1860s there was at least one general store in each village, many in houses with added shop fronts. This may have been the situation in Dunton because old photos indicate that the original shop was the front room of a terraced house. Also during the Victorian era the village shop was often sited near the village pub as in the case of Dunton because the shop and pub were opposite one another and now the shop has moved into the pub!

Unlike some of our Victorian counterparts, John and Janice will not adulterate the products sold nor sell you a short measure, neither will they barter or extend credit!

In the Victorian era the shop keeper was a man of modest status. He was friendly with everyone but had few close friends because of the long hours he worked.

In the Victorian era of the sales on a Saturday in a village shop exceeded the total sales of the seven previous days.

Even in Victorian times the village shopkeeper had a battle on their hands with town shopkeepers because local 'carrier services' would make use of better roads and take villagers into towns for their shopping or offered to do their shopping for them and deliver it to their door. Nothing new there then!

Victorian village shops acted as post offices. The post box is still in its original site ie the old village shop and post office.

By the beginning of the 20th century the village shop became the focal point of the community. They were often sited close to the heart of the village and the shop became the place where the locals met to exchange news.

In between the war years home baking and cooking declined. During these years individuals were developing an awareness of healthier eating. No change there then, either.

Once upon a time, the village shop was the heart of the community, John, Janice and the volunteers now want the Dunton community to be the heart of the March Hare Community Shop. Source Shire Publications, Oxford

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Tuesday and Wednesday 9.00 am – 8.00 pm
Thursday, Friday and Saturday 2.00 pm – 8.00 pm
Sunday Midday – 6.00 pm

During these hours, entry to the community shop is via one of the two side doors
Outside of these hours, but only during freehouse opening hours, entry to the
community shop is via pub

For information call 01767 448093 or email janice.tasc@outlook.com

Wednesday

We have reserved Wednesday for fresh bread at your community shop. Janice collects the bread from Woods Bakery, a family run business, in Biggleswade. On Wednesday, our bread is to order only. The minimum regular order is just one small loaf or a pack of four rolls. There is a large range of bread, rolls and cakes. For the rest of the week we keep a selection of 'Wood's' bread in our freezer, freshly frozen the morning it is picked up. Please discuss your requirements with Janice.

Wanted ---- Crib Players

Can you play crib?

Would you like to learn to play crib?

Would you like to play regularly? Join The March Hare Crib team!

The Crib 'season' is every Thursday, from 8.00 pm, September to May. The team plays home and away games with other local pub teams in the friendly Biggleswade and District Crib League.

If you are interested, then please contact John at The March Hare, Dunton, 01767 448093 for more information.

The Grand Reveal

This won't be news to those of you who have been following the renovations on our Facebook page, but there are only 96 of those so we know that some people in the village maybe unaware that the Village Hall has had a massive facelift over the summer.



It's gone from the very dated - painted brick work in overly practical shades of drab brown, rather clunky exposed trunking and drafty doors and windows. To the modern and stylish - well everything is relative, it is still a village hall, but now it's more of The Village Hall. If there was an X factor for village halls we'd be entering. We now think it's a Village Hall that villagers can be proud to hire for any kind of occasion.

We'd like to thank Biffa Award for contributing the bulk of the money towards the renovations. But we also need to thank IG Installations who supplied the new doors and windows and kindly donated some of their labour free so we could afford to replace the fire doors; and importantly SJ Richardson our building contractor who has not

only done a brilliant job, but also kept the project to time and budget.



Don't think that this will be our last update either. Next in our sight is a new roof, which is perhaps more prosaic but equally if not more important. Then we will be looking to replace the outdated heating. If you'd like to do more than read about or hire the hall then do let us know, we're always keen to recruit new committee members, we keep meetings short, and there is often cake.

On October 4th, 11-1 we're holding a launch event to show off the new hall. Tea, coffee and cakes will be provided. There will also be exhibition of old photos of the hall and village and a fun show with prizes for jam, marmalade, chutney, fruit cake, home-made alcoholic beverages and 90th birthday cards. Entry forms can be found in the village shop. We look forward to seeing you on the day.

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Do you have any memories or photographs of Dunton? It would be great to include them in future issues of Dunton News.

Dunton

The Parish of Dunton encompasses the village of Dunton and the hamlets of Millow and Newton.

Apparently there was a pond in the area now known as Kings Pond. The pond had a sort of staging area which resembled a wharf where the engines pulled up and this gave rise to the name 'Dunton Docks'. When the Water Works site was excavated the surplus soil filled the pond.

The word 'Dunton' also means 'farm on the hill'.

If you look at the village sign it depicts a farm scene with a farm at the top of a hill and also a steam engine and a pond.

Good Old Dunton Names

Local family names include:-

Arnold	Ballard	Bath	Bedford
Brim	Calvert	Carter	Chessum
Daisley	Gale	Ginn	Grundy
Hills	Humberstone	Jarman	Jeeves
Kendall	Kirchin	Lee	Melhuish
Ward	Woolard	White	Wright

The Dunton Feast

Does anyone remember the Dunton Feast, it was held on the third Sunday and Monday in July. Possibly on the village green. Any memories of this, please contact Julie or Janice.

Hare Beer Bunch

In July the Hare Beer Bunch (HBB) enjoyed its 4th annual barbeque, at which 35 members, family and friends had an excellent meal and some great beers at the March Hare. Fortunately the weather was kind to us and as ever we owe our thanks to Chef Stewart Hakewell and to Janice & John for hosting the event.

In September, the HBB will be supporting the March Hare beer festival over the weekend of 25th to the 27th. If anyone is thinking of joining the HBB, this festival provides a good opportunity to meet up with fellow beer enthusiasts and to find out more about us – please come along to support this superb event.

Later in the autumn, we are planning a pub trip by coach, followed by a takeaway evening at the March Hare. This will take place on Saturday 24th October – leaving Dunton in mid-morning, we'll travel to St Albans, and will return to Dunton at about 5.00 pm. The HBB will be sampling beer in 4 or 5 of the city's pubs, and all are welcome to join us. That said, St Albans offers more than just pubs and beer – there is good shopping (I am reliably informed), lots of restaurants and cafes, and of course the Cathedral – if you would like to partake of the coach trip without taking in some or even any of the pubs, that's fine too. Details of the timings, and the price, are available at the March Hare.

Finally, the HBB would like to reiterate our thanks to John and Janice for five fantastic years of real ale at the March Hare – let's hope there are many more beers and years to come.

BlissFullMinds

Guided Relation Meditation Classes!

I started using guided meditation myself 6 years ago due to suffering from anxiety which started to take over my life. I decided to take control and find the most natural way to deal with anxiety. Guided Meditation was my solution.

I am now a qualified meditation teacher and now teach a weekly guided relaxation mediation class on Thursday, 7pm, Dunton Pavilion.

In my guided relaxation meditation classes you will focus on imagery or visualisation. With this method of meditation you form mental images of places or situations you find relaxing by using as many senses as possible, such as smells, sights, sounds and texture.

During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in a sense of calm, peace and balance that benefits both your emotional well- being and your overall health.

These benefits don't end when your meditation session ends because meditation can help you calmly through your day.

For more information please feel free to email Trudie at blissfullminds11@gmail.com

Woolf Tracks – What is a Serving?

Most of us are aware that we need to eat a balanced diet which includes fresh vegetables and fruit, whole grains, meat, oily fish and some dairy but how much of each should we eat and just how much is a serving?

According to the NHS we should be applying the Eat Well Plate on a daily basis. Roughly speaking a third of food intake should be derived from vegetables and fruit, a third from bread, rice, potatoes or pasta (or carbohydrates) and the remaining third split between meat and fish, milk and dairy foods and those foods and drinks high in fat or sugar. Note the foods and drinks high in fat or sugar takes the smallest proportion.

Depending on age, gender and activity levels let us consider what the average adult requires on a daily basis. Generally speaking most women require six servings and most men eight servings of carbohydrates per day. A serving comprises of; one slice of bread, two or three crackers or crisp breads, three dessert spoonful's of dry porridge, three dessert spoonful's of boiled rice or pasta. Ideally some if not all should be of a wholegrain variety and highly processed or refined forms of carbohydrates should be limited.

Vegetables and fruit is the one we are probably most familiar with. We should aim for a minimum of five servings a day but ideally more than that if possible. Fresh is always preferable, from your own garden is ideal but frozen and canned do make good alternatives. A serving comprises of; one medium apple or pear, one orange, one medium banana, two small fruits such as a kiwi or plum, 10 to 12 berries such as grapes or cherries or a bowl of homemade vegetable soup.

Adults should aim for 3 servings a day of milk and dairy products. They are an excellent source of calcium which is essential to bone growth and repair. A serving comprises of; a 200ml glass of semi skimmed milk, 50g of low fat soft cheese, 125ml pot of yoghurt or a 25g (matchbox sized) portion of cheddar cheese.

Adults should aim to have two servings of meat, fish, eggs and beans or other sources of non-dairy protein a day. Ideally they should be lean cuts of meat or oily fish. A serving comprises of either; 100g of raw meat or a packet of card sized serving of cooked meat, 100g cooked fish, 100g soya based protein, 2 eggs or 40g of unsalted nuts.

Fats and oils are essential to the body in small amounts. Ideally we should aim for five to six teaspoons on a daily basis. One serving literally means one teaspoon of oil or one heaped teaspoon or mini pack of spread, which is sufficient to cover two slices of bread. Other sources of oils which you could consider include olives, approximately eight olives equal one teaspoon of oil or half a medium avocado is equal to three teaspoons of oil. It is important to consider how your food is cooked as it is easy to put extra oil or fat into the cooking process when it is not required.

Finally to those foods and drinks which are high in fat, sugar and/or salt. These should be limited to one a day but ideally not every day. There are plenty of healthy alternatives to these types of foods including fresh vegetables, fruit or water! One serving comprises of four squares of chocolate or one fun sized bar, one cereal bar or two plain biscuits.

This is a rather whistle stop tour of serving size but more information may be found at:

<http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

<http://www.nhs.uk/change4life/Pages/change-for-life.aspx>



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